

PREPARING FOR YOUR UPPER ENDOSCOPY

(EGD or Esophagogastroduodenoscopy, ERCP or EUS)

Questions after reading this?

Call the GI Triage Line at 720-723-6166, Monday – Friday and leave a message. An RN will call you back within 48 hours, or on Monday if you call on the weekend. For questions at night or on weekends, call 303-399-8020, select “0” and ask for the GI doctor on call.

As soon as you schedule your upper endoscopy

- Please plan to arrive 60 minutes before your appointment time.
- Arrange for a responsible adult (at least 18 years old) to bring you here AND drive you home.
- You CANNOT drive yourself home or take a taxi or bus alone!
- *If you come alone, your appointment will be CANCELLED.*

14 days before your upper endoscopy

- The Anticoagulant Clinic should call you if you take a blood thinner such as Warfarin/Coumadin, Eliquis/Apixaban, Xarelto/Rivaroxaban or Pradaxa/Dabigatran. If they haven't by fourteen days prior to the procedure, call 720-723-6756.
- If you are on Plavix/Clopidogrel, Brilinta/Ticagrelor, Pletal/Cilostazol, Aggrenox/Aspirin with Dipyridamole or Prasugrel/Effient, you should receive a call from the GI Department at least fourteen days prior to the procedure. If you don't, please call 720-723-6166.

3 days before your upper endoscopy

- STOP taking any Vitamin E, fish oil, mineral oil, or flaxseed oil. These can cause bleeding.

The day before your upper endoscopy

- Eat as you normally would.
- Take all your regular medications, unless advised otherwise by a health care provider or in the instructions below.

The night before your upper endoscopy

- *Stop eating and drinking at midnight!*

The day of your upper endoscopy

- Take any morning medications you need at least FOUR HOURS BEFORE your endoscopy, with a few sips of water to swallow any pills, tablets or capsules.
- You may have sips of clear liquids (give examples) until FOUR HOURS BEFORE your appointment.
- *During the FOUR HOURS BEFORE your endoscopy, for your own safety, there should be NOTHING IN YOUR MOUTH, not even chewing gum.*
- *If you have ANYTHING WITHIN those four hours, even WATER, your endoscopy will be delayed or canceled.*
- Come to your appointment 60 minutes beforehand! The GI Lab is on the 3rd floor of building D, Mount Harvard. Take elevator number 1 to the 3rd floor, and our waiting room will be on the east side of the building.

Do you have diabetes? Take special care the day of your endoscopy!

- ✓ Monitor your blood sugar every 4 hours.
- ✓ The morning OF your endoscopy, do NOT take any insulin or other diabetes medications.

